CORRIDORS

MARCH-APRIL 2018

Women on the Move

A Presentation by Connie Tate

Thursday, March 8, 11 a.m.

"Women are really on the move" according to Connie Tate, "not only with groups like 'MeToo' in our country but on all continents and with a big voice at the sessions of the Commission of the Status of Women in March at the UN." A Wilton resident for 68 years, Connie will present her talk entitled "Women on the Move" in the Senior Center Lounge on Thursday, March 8, at 11:00 a.m. She will highlight recent efforts by women around the world to improve their status and the roles played by the Commission on the Status of Women (CSW) and the YWCA.

Connie has been a leader in various branches of the YWCA for decades, serving as President of the New York YWCA from 2000 to 2009. She is currently active with the World YWCA and serves as one of its delegates to the United Nations (UN). She regularly participates in the annual sessions of the CSW that take place every March at UN headquarters in New York, attracting more than 5,000 women from all over the world.

Geneva is the site of the World YWCA headquarters. It serves 25 million women in 109 countries, including 29 countries in Africa. It is heavily involved in the struggles of women as they try to change their lives. Partnering with the YWCA in this effort, Abby Disney, the great-niece of Walt Disney, has recently completed three series of films about women in Africa and other developing countries who are seeking to improve their lives. According to Connie, these films are adding to the recent push for gender equality at the UN and around the world.

Connie will also describe how local efforts sponsoring a Syrian family in Wilton and Afghan students elsewhere in Connecticut have contributed to the growing emphasis on improving the lives and rights of women worldwide.

Lunch is available in the café following the presentation. RSVP: 203-834-6240

The Victorian Lady Visits the Senior Center
Monday, March 19, 2:00 p.m.

Kandie Carle has been performing as a dancer, singer, and actor in theatres throughout the United States and abroad since 1980. Her resume covers the spectrum from Shakespeare to musical comedy. Her love of history, years of research, and experience as a performer have culminated in the creation of her one-woman show, "Kandie Carle, Victorian Lady." Since 1996 she has entertained audiences throughout New England and beyond.

Dressed in actual vintage and authentically reproduced undergarments, clothing, and accessories, Ms. Carle adds humor, history, and intriguing anecdotes about fashion and home life during the 1890's Gilded Age. As each piece of clothing is added, she explains how it was worn and when and where it was appropriate. Throughout the presentation she shares insights into the manners, and etiquette of men, women, and children of that era. Included is a dose of "myth busting." *Continued on page 3.*

Lizabeth Doty, Senior Activities Coordinator, Town of Wilton
Comstock Community Center, 180 School Road, Wilton, CT 06897 203-834-6240

Information Update from Wilton Social Services

Phone: 203-834-6238 Fax: 203-563-0172

Wilton Social Services provides counseling, information, referral, and emergency financial assistance for Wilton residents. We encourage people to call our office at 203-834-6238 to discuss our services. Confidentiality is assured.

State and federal programs designed to assist individuals and families during difficult times include fuel assistance, nutritional assistance, emergency financial assistance, and Medicare Savings Programs.

Heating Assistance

The **Connecticut Energy Assistance Program (CEAP)** provides energy assistance grants for heat to households with income no greater than 60% of the State Median Income, e.g. individual, $33,881; couple, $43,305; and family of four, $65,155. Asset limits are $15,000 for homeowners and $12,000 for renters. Retirement accounts are not counted as assets for those under the age of 59½. Apply through Wilton Social Services by calling 203-834-6238 for an appointment.

Operation Fuel provides a one-time grant of $500 to eligible low-income households. The program also assists with non-heat utility bills that are overdue. Income limits are the same as CEAP. There is no asset test. Apply through Wilton Social Services by calling 203-843-6238 for an appointment.

Town-to-Town

Town-to-Town is an inter-town, door-to-door medical transportation service. There is no age limitation, but persons must be medically certified as disabled (temporary or permanent) and unable to use other forms of transportation. Vehicles are wheelchair-lift-equipped. Hours of operation are Monday through Friday, 7:00 a.m. to 6:00 p.m. The cost is $5 each way when they cross one town line; $7.50 each way when they cross two or more town lines. For more information and to obtain an application, call Lauren Hughes, LCSW, at 203-834-6238 or go online to http://www.norwalktransit.com/pdfs/ntdADA_forweb2.pdf.

Medicare Part D

Anyone who turned 65 after January 1, 2018, and who is not covered by a prescription plan connected with employment-based health insurance is eligible to enroll in Medicare Part D, the Medicare prescription drug plan. In order to avoid a penalty (a penalty which you will pay for the remainder of your Medicare life), call Wilton Social Services for an appointment within 60 days of your birthday. We will help you choose a plan using a computer-based program that enables you to compare the numerous plans available. Call 203-834-6238 and ask for Lauren Hughes, LCSW. You may also call the State of Connecticut for help through the CHOICES Program at 800-994-9422 and a trained counselor will assist you.

In addition, some people have to sign up for Medicare Part A and/or Part B. If you are within 3 months of your 65th birthday, not collecting Social Security or Railroad Retirement Benefits, you will need to sign up, even if you are and will continue to be covered by an employer's health insurance plan. If you do not enroll, you risk incurring a financial penalty for all the years you will be enrolled in Medicare. In addition, anyone turning 65 who is new to Medicare and interested in learning about the Medigap/supplemental insurance option or who is retiring and losing existing coverage can meet with Lauren Hughes to discuss available options. Call 203-834-6238 to make an appointment.

Emergency Financial Assistance

The Wilton Community Assistance Fund, formerly known as the Wilton Interfaith Council, and the **Salvation Army** provide emergency funds for Wilton residents in need. They may help pay for emergency oil deliveries, utility bills to prevent shut-offs, and rental assistance. A financial application and a confidential appointment are required. Call 203-834-6238 to make an appointment.

Food Assistance

SNAP (formerly the Food Stamp Program) is the **Supplemental Nutritional Assistance Program** provided through the Connecticut Department of Social Services. The online application process is now "live." Visit www.connect.ct.gov to apply for benefits. An account must be created first. For more information contact Social Services at 203-834-6238.

Wilton Social Services operates the **Food Pantry** at the Comstock Community Center. Hours of operation are:

Monday	1:45 p.m. to 4:00 p.m.
Tuesday	9:00 a.m. to 12 noon
	2:00 p.m. to 4:00 p.m.
Wednesday	1:45 p.m. to 4:00 p.m.
Thursday	9:00 a.m. to 12 noon
Friday	Closed

44th Annual Health and Wellness Fair

Saturday, April 21,
10:00 a.m. to 3:00 p.m.
East Ridge Middle School
10 East Ridge Road
Ridgefield

Hundreds of exhibitors join with RVNA to provide free health screenings and information. Screenings include cholesterol, glucose, vision and skin exams, along with balance assessments and much more. Everything is free and no appointments are necessary. Come get a health question answered, or just enjoy learning new information. The East Ridge Middle School, located in downtown Ridgefield, offers ample parking and easy access.

Feed Your Heart

Tuesdays, March 6 to March 27
11:30 a.m. to 1:00 p.m.

Did you know that a few diet and lifestyle changes can radically improve your heart health, leading to a trickle-down effect of wellness throughout your body? It is true! Join our 4-week nutrition education class dedicated to laying out your personal roadmap to heart health. Explore different diet strategies that are used to treat and prevent heart disease. Decipher for yourself which is the right fit for you.

Class teacher is Meg Whitbeck, MS, RDN, RVNA Registered Dietitian and Nutrition Educator. Fee: $109 which includes recipes, resources and tastings. Registration and payment is required in advance. Call or email RVNA at 203-438-5555 or info@ridgefieldvna.org. Classes are held in the teaching kitchen at the RVNA Center for Exceptional Care, 27 Governor Street in downtown Ridgefield.

From left: Linnea Greig, Marie Dodson, Nancy Warnke, and Anne Richards created bouquets during a Wilton Garden Club Valentine program at the Senior Center.

TECH FRIDAYS!

Lunchtime Learning Series at the Senior Center
Pack a light lunch and join us!
Register by calling 203-834-7694 or online at
www.wiltoncontinuinged.org
Full descriptions and fees are available in the
Wilton Continuing Education catalogue.

iCLOUD: Features & Benefits
March 9, 12:00 p.m.–1:30 p.m.
Having an Apple ID lets you do more than just buy apps. Learn how to unlock all the features of Apple's iCloud service. You'll learn to sync your devices, back up your devices, shop iTunes, explore Apple's iBook Store, share your photos, rent movies, subscribe to podcasts, store your data "on the cloud" and more!

STREAMING MEDIA: Learn Apple TV, Roku, Google Chrome & More, March 16, 12:00 p.m.–1:30 p.m.
Whether you're cutting the cord (discontinuing cable service to save money) or simply adding more variety to your TV viewing, the future of viewing is streaming media. Learn the pros and cons of "cord cutting," the various hardware products and streaming media services.

TRAVEL IN THE 21st CENTURY: Learn Uber, AirBNB & More, March 23, 12:00 p.m.–1:30 p.m.
The share economy is here—learn the ins and outs of travel sites, including Uber and Lyft, AirBNB and an overview of a wide range of travel sites.

The Victorian Lady, continued from page 1.

Ms. Carle has assembled a vast collection of authentic Victorian and Edwardian clothing and accessories dating from the mid-nineteenth century to the turn of the twentieth century. Also an accomplished seamstress, she makes reproductions from actual designs and patterns of the Regency, Civil War, Victorian and Edwardian periods. With more than 25 years of research into social history and fashion, Ms. Carle uses humor to illuminate the similarities and differences between the modern age and our ancestors. A visual delight resplendent with wit and grace, it is a refreshing view of a magnificent era in history.

Kay Schreiber of Synergy Homecare of Fairfield is introducing the Victorian Lady to the Senior Center. Following the dramatic presentation, there will be a tea sponsored by Synergy Homecare in the café.

Please call for a reservation if you plan on attending. The number of attendees will dictate the performance site. Reservations: 203-834-6240.

ARE YOU AGE FIFTY OR OLDER AND EITHER BORED OR BORING?

PERHAPS YOU COULD USE A LITTLE LIFETIME LEARNING...

For over 25 years, Lifetime Learners Institute at Norwalk Community College has offered a wide variety of courses to adults 50 and over. This year an Open House will be held March 16 at 12:15 p.m. with refreshments and a presentation on Australia by noted photographer and RISD graduate David Pressler.

Free courses offered with $50 membership, along with use of the library and cafeteria, have included Car Savvy Fundamentals, Lunch and Learns, Ukulele lessons, musical performances, and genealogy. Over 40 other courses are offered at an additional charge of $30 per course. Those courses may include exercise, painting, African History, current events, and storytelling.

For enrollment and Spring course information visit www.lifetimelearners.org. Come and join over 800 members currently enrolled. Norwalk Community College is located at 188 Richards Avenue, Norwalk.

Dementia Presentations
at Bridges by EPOCH
123 Richards Avenue, Norwalk

On Thursday, March 8, at 2:00 p.m. and at 5:30 p.m., Bridges sponsors a monthly caregiver support group and education session. This is an opportunity for ongoing advice, information and support from dementia-care professionals who understand the challenges and concerns caregivers face each day. These sessions are also great opportunities to socialize with other caregivers.

On Thursday, March 22, at 2:00 p.m. and at 5:30 p.m., the educational presentation will be on dementia signs and symptoms. Forgetting a time, place, or face may often be explained by normal aging. But what happens when memory loss affects the cognitive skills necessary to focus, problem solve, or even communicate? The presentation will focus on the progression of dementia and its associated warning signs. Contact Christy or Allison to RSVP at 203-523-0510.

JEWELRY SALE AND LUNCH

On Wednesday, April 18, from 11:00 a.m. to 1:30 p.m., members of the Turnover Shop will conduct a jewelry sale at Ogden House during the monthly luncheon. The lunch at noon will be followed by musical entertainment provided by the Wilton High School Orchestra under the direction of Malcolm Kahn.

The Turnover Shop is a 501(c)(3) not-for-profit organization that has been in Wilton Center for more than 50 years. More than 150 volunteers raise monies for Visiting Nurse and Hospice of Fairfield County, PTA's and other Wilton school organizations, as well as more than 75 other local charities. Over the years the Turnover Shop has awarded more than $1 million to deserving organizations. High quality consignments of furniture, jewelry, antiques, clothing and smalls as well as donated items are offered for sale in this lovely shop, often called one of the town's "best kept secrets"!

Dialogue with Christine Tenore Elder Law Attorney

Attorney Christine Tenore, Wilton resident and partner at Eliovson and Tenore in Fairfield, will answer your questions regarding planning for longevity, long-term care, and Medicaid on Wednesday, March 28, 1:30 p.m. in the Senior Center Lounge. This session is free and open to the public.

Christine practices in the areas of elder law, estate planning, trusts and probate, conservatorships, long-term care planning and Title XIX/Medicaid benefits. She is a member of the Elder Law and Estates/ Probate Sections of the Connecticut Bar Association, the Connecticut Chapter of the National Academy of Elder Law Attorneys, and the Fairfield and Bridgeport Bar Associations. A member of the Wilton Commission on Social Services, she is also a member of the Connecticut Geriatric Society and the Greater Bridgeport Elderly Services Commission. Call 203-834-6240 to reserve a space.

**Please note that no specific legal advice will be given.*

Free Tax Help Available at the Senior Center

The AARP Tax Aid Program provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. Volunteers from AARP will be at the Senior Center on **Monday, March 5,** from 9:00 a.m. until noon to assist in tax preparation. No appointment is necessary. Just take a number upon entering and wait your turn.

In order to prepare for your visit, keep in mind the following tips:

- If married, both husband and wife must be present during an income tax counseling session.
- Taxpayers must bring all the documents they have received which apply to their 2017 income taxes including:
- Copies of 2016 income tax returns.
- Social Security or Individual Taxpayer ID numbers for all household members and personal photo identification.
- A blank check with a routing number for a direct deposit refund request.
- All documents that relate to deductible expenses.
- All 2017 income report forms that have been received such as:
    - SSA-1099, Social Security Benefit Statement, and RRB-1099-R, US Railroad Retirement Board forms.
    - All 1099 forms (1099-INT, 1099-OID, 1099-DIV, 1099-R, 1099-B, 1099-S, 1099-MISC).
    - W-2, Wage and Tax Statement forms.
    - W-2G, Certain Gambling Winnings forms.
    - Original cost of assets sold during 2017.

Sessions will take place in the Senior Center Technology Room. Follow the signs when you enter the lobby.

Saint Matthew's
EPISCOPAL CHURCH

All Seniors are invited to lunch at St. Matthew's Church, 36 New Canaan Road, March 15 and April 19 at noon. Lunch $3. RSVP: 203-515-4778

WILTON TAX RELIEF PROGRAM FOR ELDERLY OR DISABLED HOMEOWNERS

YOU MAY RECEIVE BENEFITS UNDER WILTON'S TAX RELIEF PROGRAM FOR ELDERLY OR DISABLED HOMEOWNERS IF…

- You were at least 65 years of age or over as of December 31, **2017**, or your spouse was; or you were at least 60 years of age as of December 31, **2017**, and you are the surviving spouse of a taxpayer who qualified for tax relief at the time of his/her death; or you are under 65 years of age and permanently totally disabled under Social Security Disability; and
- You have been a Wilton taxpayer for at least one year; and
- You have occupied your Wilton property as your principal residence for more than 183 days during the past twelve months; and
- Your qualifying household income for **2017** is $**81,700** or less.

YOU MAY BE ENTITLED TO A REDUCTION IN YOUR REAL ESTATE TAX AND YOU MAY BE ABLE TO POSTPONE PAYMENT OF A PERCENTAGE OF THE TAX BALANCE.

Note: Your application deadline is Tuesday, May 15, 2018, for tax credit and tax deferral benefits affecting your real estate tax bill payable in July 2018 and January 2019. Town of Wilton and State of Connecticut Tax Relief applications are available at the Town Hall Assessor's office. The filing period for both programs is from February 1 to May 15. For more information, contact the Wilton Assessor's office at 203-563-0121.

Our Family Tree

Genealogy Workshops with Kevin Cleary

Kevin Cleary will offer genealogy workshops at the Senior Center on Mondays, March 12 and April 9, 10:00 a.m. to 12 noon. Have you ever wondered where your family migrated from or where your second cousins are today? With the help of the computer and a vast database of information, you may be able to find answers to these questions. Many times it is the start that stops us! With Kevin at your side, you will actually be able to get started!

Reservations required. Call 203-834-6240 to reserve a place. Fee: $10 per workshop; workshops are independent of each other.

MARCH 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Question: Should I complete an Emergency Contact Information Sheet? **Answer: Read the information on page 10 and decide.**			**1** 10:00 Basic Drawing 10:00 Yoga 10:00 Stage Your Home to Sell 11-12 Blood Pressure Screening 12:00 Lunch 12:30 Colored Pencils 12:45 Bingo	**2** 10:00 Jewelry Workshop 10:00 Feldenkrais 11-2 Free Swim Y 12:00 Bridge 1:30 Intermediate Bridge
5 **9-12 AARP Tax Help** 10:30 Line Dance Fusion 11:30 Drawing the Landscape 12:00 Movie 1:00 Bridge	**6** 9:15 PEO Meeting 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 11:30 Feed Your Heart RVNA 12:00 Garden Club Activity and Lunch 12:30 Five Crowns 1:00 Studio Knitting	**7** 9:30 Sewing Session OH 10:00 Open Bridge 10:00 Watercolor 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 Mah Jongg	**8** 10:00 Basic Drawing 10:00 Yoga 11:00 Women on the Move–Connie Tate 12:00 Lunch 12:30 Colored Pencils 12:30-2 Blood Pressure Screening Y 12:45 Bingo 2:00 and 5:30 Caregiver Support Group BE 6:00 Social Services Meet	**9** 10:00 Feldenkrais 11-2 Free Swim Y 11:15 Chair Yoga 12:00 Bridge 12:00 iCloud: Features and Benefits 1:30 Intermediate Bridge
12 10:00 Genealogy 10:30 Line Dance Fusion 11:30 Drawing the Landscape 12:00 Movie 1:00 Bridge 3:00 Joint Replacement MR	**13** 9:00 SAHW Men's Breakfast at Orem's 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 11:30 Feed Your Heart RVNA 1:30 Chinese Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting	**14** 9:30 Sewing Session OH 10:00 Open Bridge 10:00 Watercolor 10:30 Tai Chi 1:00 Mah Jongg 1:00 Free Library Downloads	**15** 10:00 Basic Drawing 10:00 Yoga 10:00 Conquer the Clutter 12:00 St. Matthew's Church Lunch 12:30 Colored Pencils	**16** 10:00 Feldenkrais 10:00 Jewelry Workshop 11:00 Country Music with Chris Merwin 11-2 Free Swim Y 12:00 Bridge 12:00 Streaming Media 1:30 Intermediate Bridge
19 10:30 Line Dance Fusion 11:30 Drawing the Landscape 1:00 Bridge 2:00 Kandie Carle, Victorian Lady 2:15 WWC Book Discussion	**20** 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 11:30 Feed Your Heart RVNA 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting	**21** 9:30 Sewing Session OH 10:00 Watercolor 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 12:00 Lunch OH Program: The Hoot Owls 1:00 Mah Jongg	**22** 10:00 Basic Drawing 10:00 Yoga 10:30 Stay at Home Brunch WEPCO 11:15 Downsized Gourmet 12:00 Lunch 12:00 Encore Book Club 12:30 Colored Pencils 12:45 Bingo 2:00 Navigating Medicare MR 2:00 and 5:30 Dementia Signs and Symptoms BE	**23** 10:00 Feldenkrais 11:00 Tennis Strategies 11-2 Free Swim Y 12:00 Bridge 12:00 Travel in the 21st Century 1:30 Intermediate Bridge
26 10:30 Line Dance Fusion 11:30 Drawing the Landscape 12:00 Movie 1:00 Bridge 1:30 Senior Scams Workshop	**27** 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 11:00 Book Discussion 11:30 Feed Your Heart RVNA 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting 3:00 Stay at Home 6:00 Eye Conditions W	**28** 9:30 Sewing Session OH 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:30 Dialogue with Christine Tenore, Elder Law Attorney	**29** 10:00 Basic Drawing 10:00 Yoga 10:00 Transform a Room—Redesign It! 12:00 Lunch 12:30 Colored Pencils 12:45 Bingo	**30** Good Friday Senior Center Closed

APRIL 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 Line Dance Fusion 11:30 Drawing the Landscape 12:00 Movie 1:00 Bridge	**3** 9:45 BeMoved 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Five Crowns 1:00 Studio Knitting	**4** 9:30 Sewing Session OH 10:00 Watercolors 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 1:00 Mah Jongg 1:00 Duplicate Bridge	**5** 10:00 Yoga 10:00 Basic Drawing 11-12 Blood Pressure Screening 12:00 Lunch 12:30 Colored Pencils 12:45 Bingo	**6** 10:00 Feldenkrais 10:00 Jewelry Workshop 11-2 Free Swim Y 12:00 Bridge 1:30 Intermediate Bridge
9 10:00 Genealogy 10:30 Line Dance Fusion 11:30 Drawing the Landscape 12:00 Movie 1:00 Bridge	**10** 9:00 SAHW Men's Breakfast at Orem's 9:45 BeMoved 11:00 Yoga 1:30 Chinese Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting	**11** 9:30 Sewing Session OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:00 Free Library Downloads	**12** 10:00 Yoga 12:00 Lunch 12:45 Bingo 12:30-2 Blood Pressure Screening Y 6:00 Social Services Commission	**13** 10:00 Feldenkrais 11-2 Free Swim Y 11:15, Chair Yoga 11:00 Gospel Music with Chris Merwin 12:00 Bridge 1:30 Intermediate Bridge
16 9:15 Create Like the Great 10:30 Line Dance Fusion 11:30 Drawing the Landscape 12:00 Movie 1:00 Bridge 2:15 WWC Book Discussion	**17** 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting	**18** 9:30 Sewing Session OH 10:00 Open Bridge 10:00 Comstock Writers 10:30 Tai Chi 11-1:30 Jewelry Sale by the Turnover Shop OH 12:00 Lunch OH Program: Wilton High School Orchestra 1:00 Mah Jongg	**19** 10:00 Yoga 11:45 Senior Networking Meeting 12:00 St. Matthew's Church Lunch	**20** 10:00 Feldenkrais 10:00 Jewelry Workshop 11-2 Free Swim Y 12:00 Bridge 1:30 Intermediate Bridge RVNA Health Fair on Saturday, April 21
23 9:15 Create Like the Great 10:30 Line Dance Fusion 11:30 Drawing the Landscape 12:00 Movie 1:00 Bridge	**24** 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting 3:00 Stay at Home	**25** 9:30 Sewing Session OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	**26** 10:00 Yoga 12:00 Lunch 12:45 Bingo	**27** 10:00 Feldenkrais 11-2 Free Swim Y 12:00 Bridge 1:30 Intermediate Bridge
30 10:30 Line Dance Fusion 11:30 Drawing the Landscape 12:00 Lunch at Meadow Ridge 1:00 Bridge	***All activities are held at the Wilton Senior Center unless otherwise noted.***			

OH	Ogden House	100 River Road	203-762-8035
Y	Wilton YMCA	404 Danbury Road	203-762-8384
VM	Village Market	Old Ridgefield Road	203-762-7283
BW	Brookdale Wilton	99 Danbury Road	203-761-7999
SAHW	Stay at Home in Wilton	P.O. Box 46, Wilton	203-423-3225
WCE	Wilton Continuing Ed	395 Danbury Road	203-834-7694
RVNA	Ridgefield VNA	27 Prospect Street, Ridgefield	203-438-5555
BE	Bridges by EPOCH	123 Richards Avenue, Norwalk	203-523-0510
WHS	Wilton High School	395 Danbury Road	203-762-0381
MR	Meadow Ridge	100 Redding Road, Redding	203-544-1000
W	Waveny LifeCare	3 Farm Road, New Canaan	203-594-5310

RIDGE CREST at Meadow Ridge
HEALTH • WELLNESS • REHAB

100 Redding Road, Redding, CT

Joint Replacement: A Brief Overview
Monday, March 12, 3:00 p.m.

Dr. Bradford Waddell of Stamford Hospital will review common knee and hip injuries and diagnoses of hip conditions along with how to manage the pain This includes surgical and non-surgical treatment options. The presentation takes place in the Auditorium at Meadow Ridge. RSVP: 203-544-1000.

Navigating Medicare and Long-Term Care
Thursday, March 22, 2:00 p.m. to 4:00 p.m.

Ridge Crest, Visiting Angels, and SBG Senior Life Consultants invite you to attend a presentation by Sandi Gaglio entitled "Navigating Medicare and Long-Term Care." The presentation takes place in the Meadow Ridge Auditorium. Ms. Gaglio's presentation will include:

- your Medicare rights and entitlements, Medicare health plans, what they cover, and how Medicare fits into hospital and skilled rehab settings;
- how to resolve medical billing problems;
- what is available in long-term care planning options; and
- how to transition into homecare or a community and opportunities for the state and federal benefit programs.

RSVP by March 15, 203-544-1000.

Complimentary Lunch and Tour
Monday, April 30, 12:00 p.m.

Ridge Crest at Meadow Ridge invites Wilton senior citizens to a delicious sit-down lunch at Meadow Ridge Transportation from Comstock Community Center will be provided by the Ridge Crest transportation team. Lunch will be prepared by executive chef, Corey Seigel, and will be followed by a guided tour of the independent living and rehab community.

Resident Health Services Administrator Ellen Belanger, Director of Nursing Services Kimberly Held, and Hope Brown, our Director of Rehab, along with other Ridge Crest staff will participate in the day's activities. Ridge Crest at Meadow Ridge has been providing five-star short-term rehab and long-term skilled nursing for over 15 years to the greater Fairfield county.

Call the Senior Center 203-834-6240 to reserve a place for lunch and/or the bus. The Meadow Ridge bus will depart from Comstock at 11:15 a.m.

Chris Merwin

Presents Parts II and III of

A Musical Trilogy: American Roots

11:00 a.m., Senior Center Lounge

Country

Friday, March 16

Country uses the same chord progressions as the blues and isn't very different lyrically. The two forms are the same in many ways. They are both considered to be the roots of our current popular music, hence the musicians term "roots music." This show will feature music by country legends Hank Williams, Johnny Cash, and Buck Owens.

Gospel, Bluegrass, and Folk

Friday, April 13

This show is the third installment in the American roots series. It combines three styles that are not fully related, but are part of the roots music canon. Bluegrass, basically faster country music, was played throughout the south and has its roots in English, Scottish, and Irish folk music, including jigs and reels. It started in the Appalachian region in the 18th century. Folk music is related to blues and country. Gospel music has had a strong influence on the blues, despite people "back in the old days" saying blues was the devil's music. Traditional and contemporary gospel will be featured.

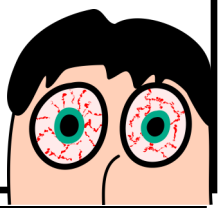
RSVP: 203-834-6240.

EYE CONDITIONS
CATARACTS, MACULAR DEGENERATION, AND GLAUCOMA

March 27, 6:00 p.m. to 7:00 p.m.
The Village at Waveny LifeCare Network
3 Farm Road, New Canaan

Dr. Gregory Gallousis, Ophthalmologist at Stamford Hospital, will discuss Eye Disorders: the problem, the diagnosis, and the latest medications and treatment options. There will be time allotted for questions following the presentation.

This is a free community event. A light dinner will be served 5:30 p.m. RSVP: Mary Ntiti at **203-594-5310** or MNtiri@Waveny.org.



BOOK DISCUSSION

Coordinated by Michael Bellacosa, MIA, MLS
Senior Center Game Room, 11:00 a.m.

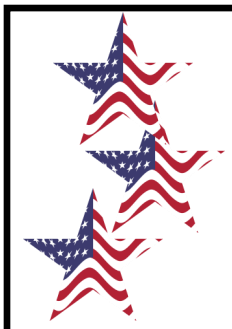
Lunch ($3) is served at noon. Call 203-834-6240 to reserve a place. Books are available at the Wilton Library.

Tuesday, March 27
Discussion Leader – Janet Krauss
Our Souls at Night by Kent Haruf

At the beginning of Kent Haruf's novel widow Addie Moore suddenly decides to pay a visit to her neighbor, a widower. Living in the familiar, fictional, small town of Holt, Colorado, the setting for all of Kent Haruf's stories, the two have known of each other for years but have never really known each other. Addie proposes that they begin to sleep together—not for sexual intimacy, but just to talk. The visit commences a relationship through which the two seek an antidote to the loneliness they feel in their lives, especially in the dark at night. *The Philadelphia Enquirer* said: "[Haruf] has given us a powerful, pared-down story of two characters who refuse to go gentle into that good night."

Tuesday, April 24
Discussion Leader – Miwako Ogasawara
The Last September by Elizabeth Bowen

Elizabeth Bowen's novel is a social satire of the dying Anglo-Irish Protestant Ascendency set around 1920, the period of violent uprisings of the ultimately successful Irish War of Independence against the ruling class which had dominated Ireland for about 300 years. Rohan Maitzen praised the "luxurious beauty of the sentences and the flashes of unsuspecting dry humor" and called the novel a "combination of highly aestheticized language and social comedy, as if you are being batted around by [Virginia] Woolf on one side and [Jane] Austen on the other!"



Mark your Calendar

Annual Town Meeting
Tuesday, May 1
Wilton High School
7:30 p.m.

The Office of Congressman Jim Himes
invites you to a

Senior Scams Workshop

Monday, March 26, 1:30 p.m. to 2:30 p.m.
Senior Center Lounge

Through the office of Congressman Jim Himes, you are invited to attend a workshop on scams specifically directed at senior citizens. Learn how to defend yourself and your loved ones from scams, fraud, and identify theft. Hoax news, online loans, bogus charges, fake apps, phishing imposters, lottery and prize winner scams, and tech support scams are but a few of the scams which target seniors today.

Robin Eichen and William Kalb will discuss the latest scams threatening the senior population in our area.

Robin Eichen has been with the Federal Trade Commission for the past 27 years as a Senior Attorney in New York. She is a graduate of St. John's University School of Law. She handles cases in the Northeast Region.

William Kalb has been with the U.S. Department of the Treasury for the past 13 years as a Special Agent in Charge. He manages the investigation program and all personnel throughout New York, Connecticut, Massachusetts, Rhode Island, Vermont, Maine and New Hampshire.

Reservations: 203-834-6240.

SENIOR CENTER INCLEMENT WEATHER POLICY

When in doubt, call 203-834-6240 after 7:15 a.m. and listen to the recording for information regarding the day's activities at the Senior Center. We do <u>not</u> follow the public school closings.

TENNIS STRATEGIES

Friday, March 23
11:00 a.m. to 12:00 p.m.
Senior Center Technology Room

Peter Engstrom, a USPTA Certified Teaching Professional, will present a classroom program on Singles and Doubles Tennis Strategy. Using multi-dimensional visual aids, he will review fundamental tactics and strategies aimed at helping players win more points and have more fun.

Among topics to be covered are intimidating your opponents before and during play, serving strategies, the power of the "lob," when and how to "poach," approaching and playing the net, offensive and defensive player responsibilities, and bringing out the best in your doubles partner.

No equipment necessary...just an interest in tennis and a sense of humor. If you wish to bring your racquet, Peter will make sure that the grip size is correct for you. Fee: $5. Register at 203-834-6240.

The Downsized Gourmet

Table for one or two? It's sometimes difficult to prepare a tasty and nutritious meal for only one or two people. To help solve this problem, Oasis Senior Advisors of Fairfield County and The Greens at Cannondale have teamed up with Chef Biagio of The Greens.

On March 22 at 11:15 a.m. in the Senior Center Cafe, Chef Biagio will demonstrate how to prepare a week's worth of healthy, affordable, easy-to-prepare meals for your downsized lifestyle. Come, watch, and taste what she has prepared for you. Leave with a shopping list and easy-to-follow recipes. Registration: 203-834-6240.

Susan & Paul Doyle of Oasis Senior Advisors offer a free service that helps families navigate changes in senior living options, from help at home to finding the right assisted living or memory care community.

oasis SENIOR ADVISORS
Because the right place means everything

Wilton's Emergency Contact List

The town of Wilton's Department of Social Services maintains an Emergency Contact List of vulnerable seniors and residents with a disability. These Wilton residents can receive a call to check in on them during a public emergency, such as a prolonged power outage. With a call to Social Services, you can complete a simple application which asks for your emergency contact information, any special needs, medical devices, whether you drive a car, and how long you are prepared to survive without power. Although the Town cannot guarantee emergency rescue, we can reach out to your emergency contacts to check on you if the phone lines are not working and we cannot reach you.

Any senior and/or resident with a disability is encouraged to take advantage of this opportunity. All information is confidential and will only be shared with Wilton Police and Fire if rescue is needed. Please feel free to call Wilton Social Services to complete the application and get on the list: 203-834-6238.

Free Downloads Senior Center Technology Room

1:00 p.m. to 2:30 p.m.

WILTON LIBRARY

There is something for everyone and hours of enjoyment for patrons with Wilton Library cards. Melissa Baker will guide you through the following workshops:

Wednesday, March 14, Movies and Music
Bring your own device and learn how to use the library's free downloadable music and movie service, Hoopla.

Wednesday, April 11, Online Learning
Bring your own device and learn how to use the library's free online learning services Lynda.com and Transparent Language, which are available 24/7.

This program is presented by the Wilton Library for seniors at the Senior Center. Registration at 203-762-3950 or www.wiltonlibrary.org is **required**.

It's Time to Get Ready
with
A FRESH EYE, LLC

Kathy Engstrom, owner of A Fresh Eye, LLC, is a former professional organizer. She currently specializes in home decorating, staging houses for resale, and move management. Ms. Engstrom will offer a series of three presentations in these areas at the Senior Center. Enjoy a fun, interactive class. Each presentation is independent of the others. Take one session, two sessions, or come for all three! Sessions take place in the Senior Center Technology Room from 10:00 a.m. to 12:00 p.m. Fee: $10 per session. Registration: 203-834-6240.

"Stage Your Home to Sell!"
Thursday, March 1
Would you like to sell your home quickly … and at top dollar? Stage it! Staging is the process of preparing your house so it speaks emotionally to the buyer, not only by making your home look terrific, but by helping the buyer envision living in the home. Kathy will show you some tricks of the trade and help you decide what needs to be done to be sure your home appeals to potential buyers.

"Conquer the Clutter!"
Thursday, March 15
Are you frustrated when you lose things because they are buried in the clutter? Are piles taking over your space? Are your closets getting scary? Do you want to get things organized, but just don't know where to begin? Kathy will help you bring order to your chaos. In this class she will teach you how to attack your clutter, decide what is important and what can be discarded, and create systems to help things function more smoothly and maintain order going forward.

"Transform a Room – Redesign It!"
Thursday, March 29
Would you like to transform an ordinary room into a space that lives beautifully? The goal of the Room Transformation class is to show you how to achieve your desired effect with minimal additional purchases. Learn to use your existing furnishings and accessories to create warmth, harmony and flow. We'll talk about color choices, furniture arrangements, window treatments, artwork and accessorizing. If you would like Kathy to address a specific room challenge during the class, bring pictures of the room from all angles and a floor plan of the room (hand-drawn is fine).

STAY at HOME in Wilton

Prospective Member and Volunteer Brunch
Thursday, March 22, 10:30 a.m. to noon

Guests will mingle with board members, volunteers, and members over breakfast. This is an opportunity to learn about membership and volunteer opportunities at Stay at Home in Wilton. No charge.
Location: WEPCO, 48 New Canaan Rd.
Reservations are required: Janet Johnson 203-762-2600.

Old-Fashioned Barbershop Quartet and Ice Cream Social
Tuesday, March 27, 3:00 p.m.

Reminisce about the good old days. The audience is invited to sing along with the Grandmas and Grandpas Barbershop Quartet while enjoying old-fashioned make-your-own ice cream sundaes. No charge.
Location: Senior Center Lounge.
Reservations requested: Janet Johnson at 203-762-2600.

What's Available for Seniors in Wilton?
Tuesday, April 24, 3:00 p.m.

Sarah Heath, Director of Social Services for Wilton, will present a range of social activities and services available to senior citizens in Wilton. Paul and Susan Doyle from Oasis Senior Advisors will describe the options available when considering where to live in the future. Options presented will include independent and assisted living facilities. There will be time for questions following the presentation.
Location: Senior Center Lounge.
Reservations: Janet Johnson 203-762-2600.

Stay at Home in Wilton is a non-profit, volunteer-supported organization whose goal is to help members stay in Wilton. It has over 50 vetted volunteers who provide a service network for members. Members have access to free computer help, friendly visitors, home repairs, household assistance, and transportation. Stay at Home in Wilton members enjoy over 100 events a year including concerts, day trips, restaurant trips, plays, shows, boat trips, health and travel talks, and a monthly walking club.

www.stayathomeinwilton.org.

Wilton Senior Center
Comstock Community Center
180 School Road
Wilton, CT 06897

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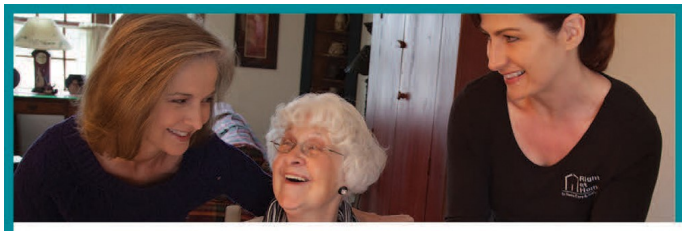

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